



PE Knowledge Organiser

Year 2: Summer Term

Invasion



Key Knowledge and Skills:

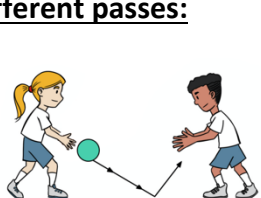
What are invasion games?

Games where there are two teams and two goals. Teams try to score in the opposite team's goal e.g. football, rugby, netball, basketball, hockey.

How to keep possession of a ball:

- Keep the ball close to your body.
- Look up and around you to see teammates, space and defenders.
- Pass to someone who is not near the defenders.

Different passes:



bounce



overhead



shoulder



chest



passing with feet

Warm-up stretches for invasion games:

Heel Flicks Muscles used: - Glutes - Hamstring - Quadriceps - Kick one heel to your bottom and then the other. - Repeat at speed.	Lunges Muscles used: - Glutes - Hamstring - Quadriceps - Step forward with one leg and bend the back knee until it almost touches the floor. - Keep your shoulders over your hips. - Alternate legs as you move in this way.
High Knees Muscles used: - Glutes - Hamstring - Hip flexors - Lift one knee up to your chest and then the other. - Move your arms forwards and backwards at the same time. - Repeat at speed.	Hip Circles Muscles used: - Glutes - Hamstring - Hip flexors - Place your hands on your hips and rotate round in one direction and then the other.
Toe Reach Muscles used: - Hamstring - Keep your legs straight and reach down towards your toes. - Breathe in and as you breathe out reach a little further.	Arm Circles Muscles used: - Shoulders - Rotate your arms around in a circle. - Repeat in both directions. - Try rotating them at the same time in opposite directions.

How to be a good defender:

- Try and block the ball using your body.
- Man-mark your players.
- Stand sideways so you can see your attacker and the ball.
- Try to intercept a pass to gain possession.
- Try to get in front of the attacker.
- Run close to the attacker and try to put pressure on them so they lose control of the ball.

How to be a good attacker:

- Try to keep possession of the ball.
- Run into space away from the defender.
- Fake a shot in one direction and then score in another.
- Move towards your goal.

Key Vocabulary:

Vocabulary:	Definition:
Possession	Having control of the ball.
Attacker	A player who is moving forward and trying to score.
Defender	A player who tries to keep the other team from scoring.
Intercept	When you win control of the ball from the opposite team.
Dribble	Moving the ball or object using short bounces, hits or kicks.
Man-marking	Marking one specific player.
Goalkeeper	The person in charge of stopping goals from being scored.

How to stop a goal from being scored:

- Be ready and react quickly when someone is about to shoot.
- Do not be afraid of the ball.
- Keep your eyes on the ball.
- Move to keep in line with the ball.

